Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Pomalidomide

This information from Lexicomp® explains what you need to know about this medication, including what it’s used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: US

Pomalyst

Brand Names: Canada

APO-Pomalidomide; JAMP-Pomalidomide; NAT-Pomalidomide; Pomalyst; REDDY-Pomalidomide; SANDOZ Pomalidomide

Warning

- Do not take this drug if you are pregnant. Use during pregnancy may cause birth defects or loss of the unborn baby.
- You must have 2 pregnancy tests that show you are NOT pregnant before starting this drug. You must have pregnancy tests done while taking this drug. Talk with your doctor.
- If you may become pregnant, you must either not have sex or you must use 2 kinds of birth control when you have sex. Do this for at least 4 weeks before starting this drug, during treatment and any treatment breaks, and for at least 4 weeks after your last dose. Call your doctor right away if you have sex without using 2 kinds of birth control, if you think you may be pregnant, or if you miss your period during this time frame.
- The chance of blood clots may be raised in some people. Blood clots may be in the arms, legs, or lungs; heart attack; or stroke. You may need a blood thinner to prevent blood clots. Follow what your doctor has told you. Call your doctor right away if you have chest pain or pressure; coughing up blood; shortness of breath; or pain, warmth, or swelling of the legs or arms. Call your doctor right away if you have signs of heart attack like chest pain that may spread to the arms, neck, jaw, back, or stomach; abnormal sweating; feeling sick; or throwing up. Call your doctor right away if you have signs of stroke like weakness on 1 side of the body; eyesight, speech, or balance problems; confusion; drooping on one side of the face; or severe headache.

What is this drug used for?

- It is used to treat multiple myeloma.
- It is used to treat Kaposi sarcoma.

What do I need to tell my doctor BEFORE I take this drug?

- If you are allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell your doctor about the allergy and what signs you had.
- If you are of childbearing age, but are not using 2 kinds of birth control or if you are planning to get pregnant during your care or within 4 weeks after care has ended.
- If you are taking any of these drugs: Ciprofloxacin or fluvoxamine.
- If you are taking pembrolizumab or nivolumab.
- If you are breast-feeding. Do not breast-feed while you take this drug.

This is not a list of all drugs or health problems that interact with this drug.

Tell your doctor and pharmacist about all of your drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe for you to take this drug with all of your drugs and health problems. Do not start, stop, or change the dose of any drug without checking with your doctor.

What are some things I need to know or do while I take this drug?

- Tell all of your health care providers that you take this drug. This includes your doctors, nurses, pharmacists, and dentists.
- Have your blood work and other lab tests checked as you have been told by your doctor.
- Avoid driving and doing other tasks or actions that call for you to be alert until you see how this drug affects you.
- Do not donate blood while using this drug and for 1 month after stopping.
- You may have more chance of getting an infection. Wash hands often.

Stay away from people with infections, colds, or flu.

- You may bleed more easily. Be careful and avoid injury. Use a soft toothbrush and an electric razor.
- If you smoke, talk with your doctor.
- If you have upset stomach, throwing up, diarrhea, or decreased appetite, talk with your doctor. There may be ways to lower these side effects.
- If you have high blood sugar (diabetes), you will need to watch your blood sugar closely.
- Patients with cancer who take this drug may be at a greater risk of getting a severe health problem called tumor lysis syndrome (TLS). This may lead to death. Call your doctor right away if you have a fast or abnormal heartbeat; any passing out; trouble passing urine; muscle weakness or cramps; upset stomach, throwing up, diarrhea, or not able to eat; or feel sluggish.
- A type of blood cancer (leukemia) has happened after treatment with this drug. If you have questions, talk with the doctor.
- Liver problems have happened with this drug. Sometimes, these have been deadly. Call your doctor right away if you have signs of liver problems like dark urine, tiredness, decreased appetite, upset stomach or stomach pain, light-colored stools, throwing up, or yellow skin or eyes.
- Severe skin reactions may happen with this drug. These include Stevens-Johnson syndrome (SJS), toxic epidermal necrolysis (TEN), and other serious reactions. Sometimes, body organs may also be affected. These reactions can be deadly. Get medical help right away if you have signs like red, swollen, blistered, or peeling skin; red or irritated eyes; sores in your mouth, throat, nose, eyes, genitals, or any areas of skin; fever; chills; body aches; shortness of breath; or swollen glands.
- If you are 65 or older, use this drug with care. You could have more side effects.
- This drug may cause you to not be able to get pregnant. Talk with the doctor.

- If your sex partner is pregnant or may get pregnant, you must use a condom while taking this drug and for some time after the last dose. Use a condom even if you have had a vasectomy. Ask your doctor how long to use a condom. If your partner is pregnant or gets pregnant, call the doctor right away.
- If you have unprotected sex with a partner who is or may get pregnant, call your doctor right away.
- Do not donate sperm while using this drug and for 1 month after stopping.

What are some side effects that I need to call my doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your doctor or get medical help right away if you have any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Signs of infection like fever, chills, very bad sore throat, ear or sinus pain, cough, more sputum or change in color of sputum, pain with passing urine, mouth sores, or wound that will not heal.
- Signs of bleeding like throwing up or coughing up blood; vomit that looks like coffee grounds; blood in the urine; black, red, or tarry stools; bleeding from the gums; abnormal vaginal bleeding; bruises without a cause or that get bigger; or bleeding you cannot stop.
- Signs of kidney problems like unable to pass urine, change in how much urine is passed, blood in the urine, or a big weight gain.
- Signs of fluid and electrolyte problems like mood changes, confusion, muscle pain or weakness, fast or abnormal heartbeat, severe dizziness or passing out, increased thirst, seizures, feeling very tired or weak,

decreased appetite, unable to pass urine or change in the amount of urine produced, dry mouth, dry eyes, or severe upset stomach or throwing up.

- Signs of high blood sugar like confusion, feeling sleepy, unusual thirst or hunger, passing urine more often, flushing, fast breathing, or breath that smells like fruit.
- Signs of lung or breathing problems like shortness of breath or other trouble breathing, cough, or fever.
- Signs of low thyroid levels like constipation; not able to handle cold; memory problems; mood changes; or a burning, numbness, or tingling feeling that is not normal.
- Swelling in the arms or legs.
- Shakiness.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your doctor or get medical help if any of these side effects or any other side effects bother you or do not go away:

- Constipation, diarrhea, stomach pain, upset stomach, throwing up, or decreased appetite.
- Feeling dizzy, tired, or weak.
- Back, bone, joint, or muscle pain.
- Muscle weakness or spasm.
- Signs of a common cold.
- Headache.
- Weight loss.
- Anxiety.
- Trouble sleeping.
- Sweating a lot.

These are not all of the side effects that may occur. If you have questions about side effects, call your doctor. Call your doctor for medical advice about side effects.

You may report side effects to your national health agency.

You may report side effects to the FDA at 1-800-332-1088. You may also report side effects at https://www.fda.gov/medwatch.

How is this drug best taken?

Use this drug as ordered by your doctor. Read all information given to you. Follow all instructions closely.

- Take with or without food.
- Take with a full glass of water.
- Take this drug at the same time of day.
- Swallow whole. Do not chew, open, or break.
- If you touch a broken capsule, or the drug inside the capsule, wash the area with soap and water.
- If a broken capsule or the drug inside the capsule touches your eyes, rinse your eyes right away with water.
- If you are on dialysis and are taking this drug on the day you get dialysis, take it after your dialysis. If you have questions, talk with your doctor.

What do I do if I miss a dose?

- Take a missed dose as soon as you think about it and go back to your normal time.
- If it has been 12 hours or more since the missed dose, skip the missed dose and go back to your normal time.
- Do not take 2 doses at the same time or extra doses.

How do I store and/or throw out this drug?

- Store at room temperature in a dry place. Do not store in a bathroom.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your symptoms or health problems do not get better or if they become worse, call your doctor.
- Do not share your drugs with others and do not take anyone else’s drugs.
- Some drugs may have another patient information leaflet. If you have any questions about this drug, please talk with your doctor, nurse, pharmacist, or other health care provider.
- This drug comes with an extra patient fact sheet called a Medication Guide. Read it with care. Read it again each time this drug is refilled. If you have any questions about this drug, please talk with the doctor, pharmacist, or other health care provider.
- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for

the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

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If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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